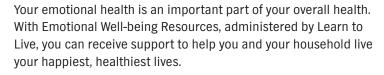
# With you every step of the way

Emotional Well-being Resources offer help when you need it



Built on the proven principles of Cognitive Behavioral Therapy (CBT), our digital tools are available anywhere, anytime. They can help you identify thoughts and behavior patterns that affect your emotional well-being – and work through them. You'll learn effective ways to manage stress, depression, anxiety, substance use, and sleep issues.



#### Change your mind. Change your life.™

Take a quick assessment to find the program that's right for you. To access our Emotional Well-being Resources:

Log in to anthem.com, go to My Health Dashboard, choose Programs, and select Emotional Well-being Resources.

Effective: 1/1/22

#### A wealth of resources at your fingertips



## Personalized, one-on-one coaching

Team up with an experienced coach who can provide support and encouragement by email, text, or phone.



#### Build a support team

Add friends or family members as "Teammates."
They can help you stay motivated and accountable while you work through programs.



## Practice mindfulness on the go

Receive weekly text messages filled with positivity, quick tips, and exercises to improve your mood.



#### Live and on-demand webinars

Learn how to improve mental well-being with useful tips and advice from experts.





Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support. Learn to Live is an education program and should not be considered medical treatment.

Anthem Blue Cross and Blue Shisel dis the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMD products underwritten by HMD Colorado, Inc. Copies of Colorado network access plans are available on request from member services or can be obtained by going to anthem.com/co/networkaccess. In Connecticut Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOIDCF Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMD Missouri, Inc. RIT and certain affiliates administer non-HMD benefits underwritten by HALIC and HMD benefits underwritten by HMD listed by HALIC and HMD benefits underwritten by HALIC and HMD benefits underwritten by HALIC and HMD benefi